

THE PLUG

MARCH 2026

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INFORMATION**

**CELEBRATING
OUR FIRST LADY**

**WOMEN'S BIBLE
STUDY: ROMANS**

**COLON CANCER
AWARENESS**

35TH PASTORAL

ANNIVERSARY

@mombc_fortworth

www.mombcftw.org




Celebrating 1st Lady

Stephanie Glynn
Grace in
Full Bloom

— II Corinthians 9:8 —

March 14, 2026
@ 1pm-3pm

CERA Trinity Room
3300 Bryant Irvin Rd
Fort Worth, Tx 76109

RSVP is required by March 8th, 2026
on MOMBC FTW App or with
Sister Brittanice Blackmon 
after morning service



Pastor's Anniversary
March 15th
@9am



MOMBC FORT WORTH

SUNDAY SERVICE

Sunday School begins @ 8:30am

WORSHIP SERVICE

Each Sunday @ 9:00 AM



2951 EVANS AVE.
FORT WORTH, TX 76104



PASTOR
WILLIAM T. GLYNN

CORPORATE *Prayer Call*

WED | 7AM
AND
SAT | 6PM

DIAL:
978.990.5000

ACCESS CODE: 220015

PLEASE REMEMBER TO MUTE YOUR PHONE

Pastor's Love Offering

Pastor Glynn does not receive a salary. Our means of pastoral support is by way of the Pastor's Love Offering. Please give generously to our Pastor as he continues to provide leadership and service to our congregation and community.

Join us for **Noonday Bible Study** every **Wednesday** with Rev. Louis Stewart.



Noon Day

BIBLE STUDY

LIVE STREAMING WEDNESDAYS

12:00 NOON

www.mombcftw.org

Your vote is your power!

Use it to influence decisions, support what matters to you, and help build the future you want to see.

VOTE

**TODAY, SHAPE
TOMORROW**

ELECTION DAY 03/03/2026

**DO NOT LET THE WEATHER OR ANY
OTHER OBSTACLE KEEP YOU FROM
VOTING...STAY IN LINE!!**

For specific voter
information visit:

vote-usa.org

- *Registered voters only*
- *Bring a valid ID*
- *Make your voice heard*



MOMBC FORT WORTH

ENRICHMENT

Worship Night

7:00 PM

Every 4th Wednesday of the month

Stay informed and download the MOMBC Fort Worth App



MOMBC
Fort Worth

Download The App





PSALM 41:3

"The LORD nurses them when they are sick and **RESTORES** them to **HEALTH**".

Health and Wellness Team

MARCH 2026: Colorectal Cancer Awareness Month

The following are some risk factors to be aware of that can increase the likelihood of developing colon cancer, though having one or more of these does not guarantee that someone will develop the disease:

Risk Factors:

- Age: People over 50 are at higher risk
- Overweight or obese
- Diabetes, Type 2
- Low blood level of vitamin D
- Family history of colorectal cancer or polyps
- Personal history of inflammatory bowel disease (**IBD**); a previous history of polyps or colorectal cancer increases the risk of developing new polyps
- Genetic Syndromes: Conditions like familial adenomatous polyposis (FAP) or Lynch syndrome significantly raise risk
- Lifestyle Factors: Diets low in fiber, diets high in red meats or processed meats (i.e. hotdogs, some lunch meats), cooking meats at high temperatures (i.e. frying, broiling or grilling), alcohol consumption, smoking, and lack of physical activity

Signs/symptoms of Colon Cancer:

- Changes in bowel habits (diarrhea, constipation, or narrowing of the stool)
- Rectal bleeding (may look bright red) or blood in stool (may look dark brown or black)
- Unexplained weight loss
- Fatigue/tired
- Anemia (low blood)
- Abdominal (belly) pain or cramping
- Sense of needing to have a bowel movement that is not relieved after having one



What should people know about polyps and colorectal cancer prevention?

Colon polyps are abnormal growths on the lining of the colon or rectum that can potentially develop into colorectal cancer over time. Understanding polyps and how to prevent colorectal cancer is vital for maintaining digestive health. Here are key points to know:

Types of Colon Polyps:

- Hyperplastic Polyps and Inflammatory Polyps: These are generally not precancerous and have a lower risk of turning into cancer.
- Adenomatous Polyps (Adenomas): These are the most common type and are considered precancerous. They have the potential to develop into colorectal cancer if left untreated.
- Sessile Serrated Adenomas: A type of polyp that can be harder to detect but has a higher potential to progress into cancer if not removed.

Screening and Early Detection: Have YOU Been SCREENED?

- Importance of Screening: Colonoscopy is the gold standard for detecting polyps and colorectal cancer. It is recommended for people starting at age 45 or earlier for those at higher risk.
- Polyps discovered during a colonoscopy can often be removed before they turn cancerous, making early detection key to cancer prevention.
- Other Screening Tests: stool-based tests (e.g., FIT, stool DNA test) and sigmoidoscopy, but colonoscopy remains the most thorough.

Steps to Lower Your Chance of Developing Colon Polyps:

- *Eat fewer red meats and processed meats
- *Eat more fruits, vegetables and whole grains
- *Avoid drinking alcohol



- *Get regular physical activity
- *If you smoke, QUIT
- *Lose weight if you are overweight
- * Get Screened!

SOURCES FOR THIS ARTICLE:

American Gastroenterological Association

<https://gastro.org>

American Cancer Society

<https://www.cancer.org/cancer/types/colon-rectal-cancer/causes-risks-prevention/riskfactors.html>



WOMEN'S HEALTH

2026 Women's Health

****Lunch and Learn****

Saturday, March 28th at 11:00

Fellowship Hall

**Women of Mount Olive of all ages are welcome
17 and younger can attend with a parent/legal guardian**

Some of the Topics will Include:

- Reproductive Health (Menstruation/Cycles, Birth Control, Endometriosis and Uterine Fibroids, Polycystic Ovary Syndrome)
- Heart Disease in Women
- Osteoporosis
- Cancers (Breast, Cervical, Ovarian)
- Mental Health (Depression, Anxiety)
- Perimenopause, Menopause, Post-menopause, Hormonal Balance
- Routine Health Screenings and Preventive Care
- Vitamins and Supplements, Weight Management
- Sexual Health (Sexually Transmitted Infections, prevention and treatment)
- Thyroid and Urinary Health

Sponsored by: Health and Wellness Team – Women's Ministry



The Dance Ministry is calling you...

*Dancing for the Lord is often an unexplored gift
that one may or may not know you have*

**Every Saturday Morning
10am to 12 Noon**

For more information please see:

Sis. Maurine Suber

Sis. Ericka Darnell

or

Sis. Kelly Roberts

Let everything that hath breath praise the Lord ~ Psalm 150:6



Faith, Fun, & Footwork

LINE DANCING CLASS

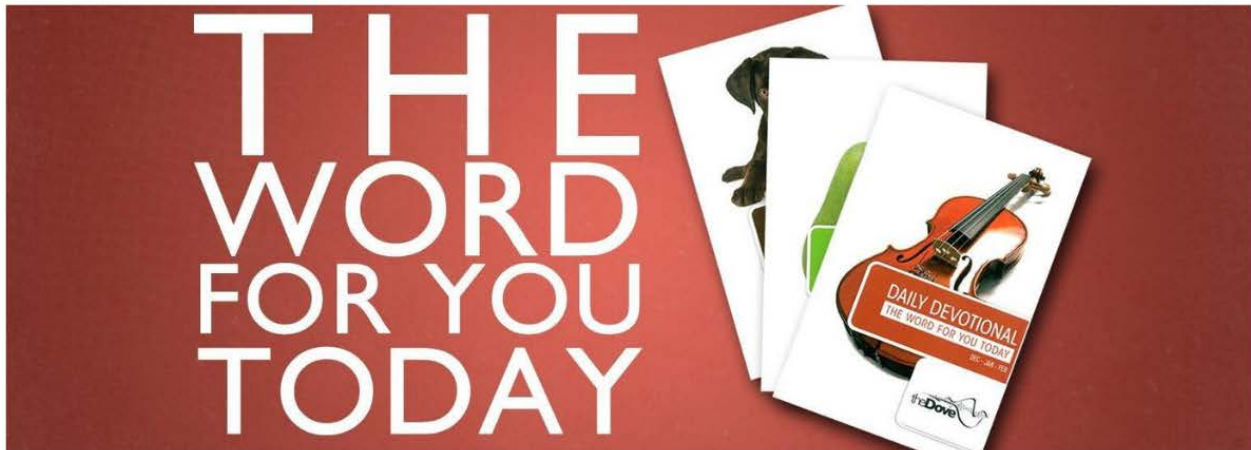
**Saturday
March 21, 2026**

1-3 PM

**MOMBC
Educational Building**

*No experience (or rhythm)
required—just a joyful heart!*

*Sponsored by
"The Fellowship"*



“Lord, how many times shall I forgive my brother or sister who sins against me?” Mt 18:21 NIV

There is a saying in baseball: “Three strikes and you’re out.” We tend to play life the same way. We give people two or three chances, but no more. But God never gives up on us. It’s not in His nature. When Peter asked Jesus how many times he should forgive his brother, Jesus set the gold standard. Peter answered his own question by saying, “Seven times.” But Jesus ups the ante to seventy times seven (see v. 22 NLT). Then He ups the ante even more with a story of a master who forgave his servant a ten-thousand-talent debt. Let’s do a currency exchange. One talent totaled 180 months’ wages—that’s fifteen years! And that’s just one talent. So a 10,000-talent debt totaled 150,000 years of wages. Using today’s average life expectancy, it would have taken his servant 2,232 lifetimes to pay off the debt. Of course, the average life expectancy in the first century was less than half of what it is now, so it would have taken twice as many lifetimes to pay off the debt. But instead of years, let’s put this debt into dollars. Using a minimum wage of \$7.25, let’s take a nine-to-five job, Monday through Friday. That’s an annual income of \$15,080. That might not seem like much, but when you multiply it by 150,000 years, it totals \$2,262,000,000. (Three commas means billions.) Now here’s the thing: by virtue of what Christ accomplished on the cross, your sin debt—past, present, and future—is paid in full. That’s a truth you can be confident in and stand on.

SIGN UP FOR YOUR DAILY DEVOTIONAL: <https://www.wordforyou.com/>

SICK & SHUT-IN



WITH HEARTFELT SYMPATHY

HEARTFELT SYMPATHY

Sis. Marie Applewhite passed.

Sis. Gyna Bivins passed, daughter of Betty Bivins and sister of Waylon Bivins.

Bro. Undray Boyd passed, brother of Rev. Charles Boyd



Allen, Michelle
Atkins, Hester
Baker, Cathy
Baker, Ruth
Baylor, George
Beltran, Christine
Berry, Vera
Bivins, Betty Joyce
Block, Heneretta
Bostic, Harrison
Brewington, Judith
Carney, Sylvia
Carr, Louis Sr.
Cash, Bobby
Cherry, Arthur
Cherry, Linda
Coleman, Robert
Corburn, Peggy
Curry, Beverly
Eldridge, Lloyd
Fears, Earnestine
Ford, Edward
Fowler, Linda
Hale, Lawanda
Hall, Doris
Hall, Ethel
Harris, Mamie
Harris, Ron
Hill, James
Hopkins, Gerilyn
Hughes, Jean
Hughes, Luther
Ingram, Mildred
Ingram, Shirley
Jackson, Betty
Jackson, Freddie
Johnson, Deborah
Jones, Revelyn
Jones, VerJuana
Lambert, Gladys
Lewis, Rose
Mahoney, Mark
McCray, Sondra
McWilliams, Marron
McWilliams, Yvonne
Meadows, Anita
Meadows, Rick
Newhouse, Mildred
Nowlin, Vickie
Oliver, Damon
Pennie, Christine
Powell, Lillie
Redman, Phylis
Roberts, Rodney
Sharp, Roslyn
Smith, Patricia
Smith, Shirley
Spurlock, Catherine
Spurlock, Mary
Tennison, Patricia
Thomas, Sherry
Thomas, Thaddeus
Trobez, Barbara
Ware, Theodore
Ware, Wyntress
Whatley, John
Whitaker, Diane

MOMBC Fort Worth Members

If you, or a family member, are experiencing illness or your family is experiencing a time of bereavement, please contact Rev. Louis Stewart via text or email (Llestew@aol.com).

FOR ALL OF YOUR PASTORAL CARE NEEDS VISIT WWW.MOMBCFTW.ORG



PRAYER

REQUESTS

Pastor Glynn and the Glynn family

Bro. Michael Baccus, brother of Sis. Beverly Scroggins

Bro. Albert Bailey, father of Sis. Janice Pegross

Sis. Lottie Birdow, mother of Sis. Valerie Dekine

Sis. Cynthia Booker, sister of W. Ware

Bro. Donald Booker, brother of W. Ware

Sis. Beverly Cooper, daughter of Christine Pennie

Sis. Stacy Darby, niece of Sis. Gwen Darby

Sis. Cheryl Edwards, friend of the Glynn Family

Sis. Verdell Fisher, mother of Sis. Ava (Stevenson) and Adrian Fisher

Sis. Janice Harris, sister of Bro. Michael Jones

Bro. Waymon Harris, brother of Mamie Harris

Bro. Lewis Hathorn, father of Kevin Hathorn

Sis. Vanessa Holiday, sister of Angela Holiday

Bro. Keith Holmes, brother of Bro. Adrian Holmes

Sis. Gwen Howard, sister of Pastor and Sis. Glynn

Bro. Donald Jackson, son of Mildred Ingram

Bro. Barryn Johnson, grandson of Bro. John Whatley

Bro. Bruce Johnson, brother of Sis. Beverly Johnson

Sis. Corlitta Johnson, daughter of Bro. John Whatley

Sis. Jimmie Jones, mother of Bro. Michael Jones

Bro. TyJuan Jones, nephew of Sis. Lawanda Hale

Sis. Jamar Lynn Littlejohn, daughter of Luvester Solomon

Sis. Tammy McCollough, sister of Sandra Toombs

Sis. Alexa Mitchell, granddaughter of Sis. Ocie Nash

Sis. Jette Norris, sister of Sis. Cathy Baker

Bro. Quinton Norris, nephew of Cathy Baker

Sis. Kayla Rolen, daughter of Gerilyn Hopkins

Bro. Charles Ware, brother of Bro. T. Ware

Sis. Lamonsae Williams, daughter of Bro. Lamont Williams

Bro. Ron Windham, uncle of Lawanda Hale

Bro. Everett Wines, brother of Felicia Eldridge

Sis. Jacqueline Wright, sister of Sis. Angela Holiday

Read 2 Win!™

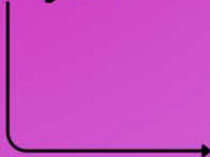
**JOIN THE READ2WIN LITERACY VOLUNTEER PROGRAM
FOR THE 2025 -2026 SCHOOL YEAR
AT BRISCOE ELEMENTARY SCHOOL**

**FWISD IS STRIVING TO INCREASE THE READING SKILLS OF OUR YOUTH.
YOU CAN MAKE A DIFFERENCE IN A CHILD'S EDUCATION AND THEIR FUTURE BY VOLUNTEERING FOR ONE HOUR PER WEEK.**

For more information, contact
Sis Landa Moss
moss1@uta.edu

Have you joined the NAACP?

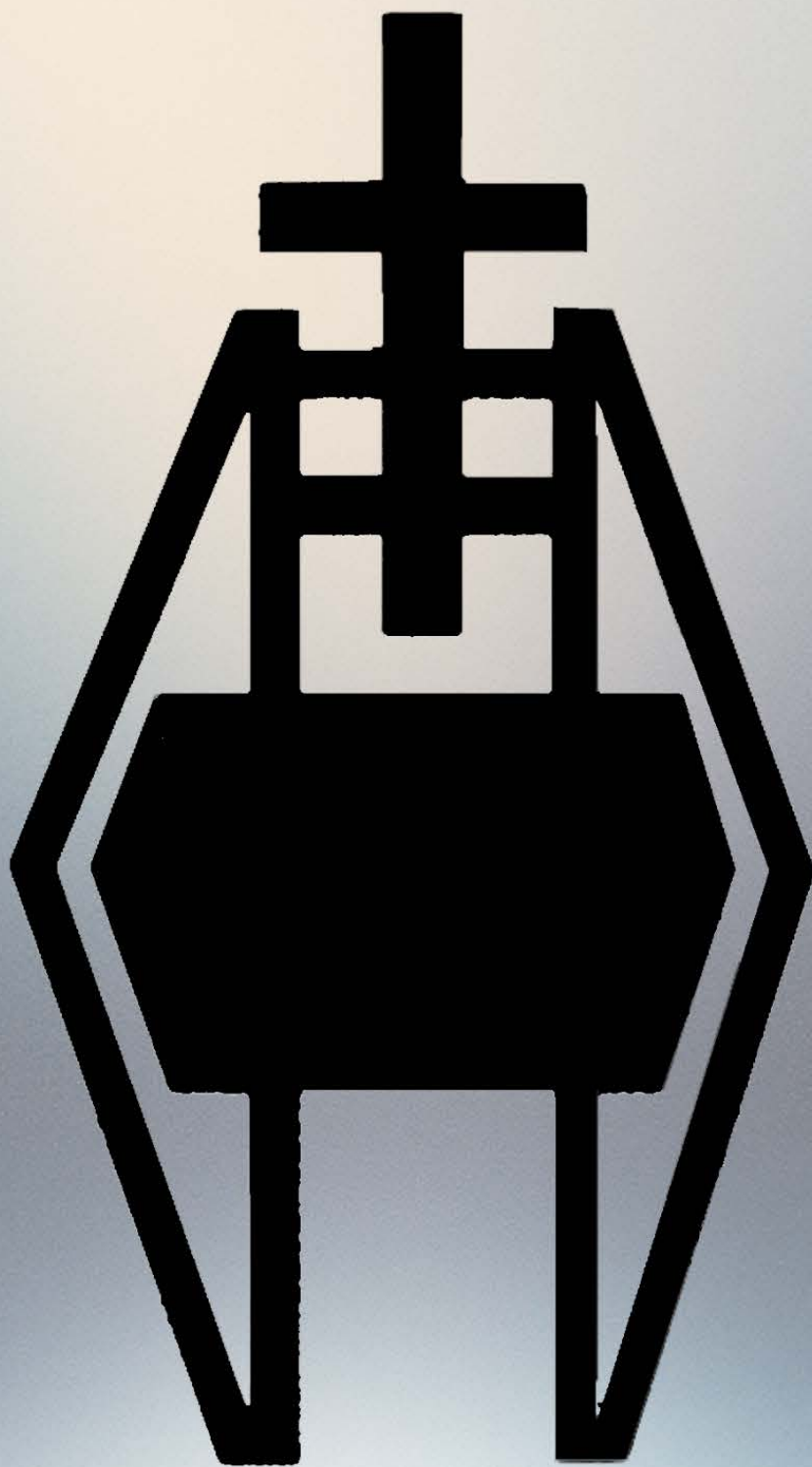
Scan this
code to join



BECOME A MEMBER
FIGHTING FORWARD WITH MEMBERSHIP TO
PROTECT OUR LIVES, RIGHTS, AND FUTURE!

JOIN
NAACP FORT WORTH TARRANT COUNTY BRANCH TODAY AT
[HTTPS://NAACPFWTC.ORG/](https://naacpfwtc.org/)
1063 EVANS AVE, FORT WORTH, TX 76104

Why wait?
Join TODAY



www.mombcftw.com